



Travis County Community Supervision & Corrections Department

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SMART Residential Treatment Program Overview

What Is SMART?

SMART is a 116-bed substance abuse treatment program that began in 1991. It is operated by the Travis County Adult Probation Department and is located in Del Valle. The program includes the SMART Re-Entry Court, a problem-solving court that supports the Continuing Care treatment.

In addition to substance abuse treatment and the SMART Re-Entry Court, SMART includes 3 essential components that research has shown to be essential to success: 1) continuing care, 2) intensive attention to anti-social thinking for high risk/case-control and limit setting offenders, and 3) a family program that is designed to assist family members.

Who Does SMART Serve?

The SMART Program serves **both males and females** that would otherwise receive a prison or state jail sentence either through a direct commitment or revocation. SMART clients generally have prior treatment failures and/or technical violations. They must have a clinical assessment showing that intensive group and individual treatment in a community-based residential setting is their last alternative. High-risk individuals are prioritized for placement. Referrals are made on the basis of the Department's Pre-Sentence Investigation Report incorporating the TDCJ-CJAD mandated assessments, including the Wisconsin Risk Assessment and Strategies for Case Supervision.

SMART Residential Phase: Minimum of 20 Weeks

GROUPS & INDIVIDUAL SESSIONS

- Multiple cognitive-based curricula are used based on client needs.
- Two (2) tracks: Regular SMART track and Co-Occurring Re-Entry track (CORES).
- Gender specific groups, with the exception of the CORES groups and the Family groups.
- Groups are 1.5 to 2.5 hours in length. Family groups are 2.0 hours in length.
- Individual sessions with a primary counselor are a minimum of once per month.
- Family individual sessions are by request of residents and/or treatment staff.

LEVELS

- Residents complete four treatment levels before transitioning to Continuing Care.
- Residents progress to the next level upon receiving an acceptable score based on ratings from the Treatment Team, which consists of probation officers, counselors and direct care staff (residential supervisors).

BEHAVIORAL EXPECTATIONS

- Residents receive handbooks that outline expected, compliant behaviors, including the Ethical Principles and the Core Character Traits of a Pro-Social Individual.
- If residents engage in non-compliant behavior, Behavioral Reviews are held. Responses to non-compliance are addressed with a combination of treatment responses and sanctions.

Continuing Care Phase: Minimum of 26 weeks (Community-Based)

GROUPS & INDIVIDUAL SESSIONS

- Cognitive-based curricula used include: *New Freedom* curriculum for the Regular SMART track, *The Change Companies* curriculum for the CORES track, *Staying Quit* curriculum for the Relapse Intervention group, as well as discussion of other tools and techniques learned in the various curricula utilized during the residential phase.
- Two (2) tracks: Regular SMART track and Co-Occurring Re-Entry (CORES) track.
- Gender specific groups, with the exception of the Relapse Intervention group.
- Groups are held once a week. Regular SMART track groups are 3.0 hours in length; CORES track groups are 1.5 hours in length.
- The Relapse Intervention group is held once a week for 1.5 hours and is required in addition to the regular Continuing Care group when a client has issues with maintaining abstinence.
- Individual sessions with a primary counselor are a minimum of once per month.
- Clients report to a Probation Officer twice a month.
- Clients in the Regular SMART track attend SMART Re-Entry Court a minimum of once a month. CORES clients do not participate in the SMART Re-Entry Court.

LEVELS

- Clients complete three (3) treatment levels and a Community Re-Entry Letter presentation.
- For the Regular SMART track, the Treatment Team consists of probation officers, counselors and the Re-Entry Court Judge.
- For the CORES track, the Treatment Team consists of probation officers, counselors and the CORES Caseworker.

BEHAVIORAL EXPECTATIONS

- If clients engage in non-compliant behavior, Treatment Team Meetings (TTM) and client staffings are conducted by the Treatment Team. Responses to non-compliance are addressed with a combination of treatment responses and sanctions.